

Patient self-tracking report

Prepared for: Alex Morgan (fictional member)

Example period: September 1-7, 2026

Demonstration adapted from The Club report format. All entries are invented to illustrate the report; this is not a patient record. Available sections depend on what the member records.

At a glance

Area	Example record
Medication	21 scheduled doses: 18 on time, 2 early, 1 late, 0 missed. On-time proportion: 18/21 (86%).
Symptoms	4 observations across 2 symptom types
ON / OFF	2 ON and 3 OFF observations. Duration not recorded; time percentages unavailable.
Hydration	7 days recorded; average 44 oz per recorded day

Medication history - example entries

Date / time	Medication	Recorded status
Sep 1, 8:00 a.m.	Member-entered medication A	On time
Sep 1, 11:45 a.m.	Member-entered medication A	Early
Sep 1, 4:20 p.m.	Member-entered medication A	Late

A real report uses the medication names and doses recorded by the member. No medication or dosing recommendation is provided in this example.

Symptoms and daily observations

Date	Observation	Member note
Sep 2	Fatigue: 5/10	Noticed after a busy afternoon.
Sep 3	Walking change: 4/10	Wanted to discuss turning in small spaces.
Sep 4	Fatigue: 3/10	Recorded before lunch.
Sep 6	Walking change: 3/10	Added a note for the next appointment.

Hydration

Seven recorded days. Average: 44 oz/day. Lowest: 36 oz. Highest: 52 oz. These are fictional logged amounts, not intake targets.

Therapies and devices

Members can record therapies and devices and add observations. Inclusion in a report does not imply an endorsement.

Questions for my care team

Which observations would you like me to record before our next appointment?

About this report

Self-recorded information supports an appointment discussion. Missing logs do not prove an activity did not occur. This example is not medical advice, diagnosis, or a treatment recommendation.